

EXCURSIONS AROUND AIX-LES-BAINS

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COMPILED BY

• WILLIAM MORRIS DAVIS

Professor of Geology, *Emeritus*, Harvard University
Honorary Member of the French Alpine Club



PUBLISHED FOR THE
Y. M. C. A. NATIONAL WAR WORK COUNCIL
BY THE
APPALACHIAN MOUNTAIN CLUB
OF BOSTON

CAMBRIDGE, MASS.

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JUL 22 1918

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no. 11

PREFACE

THIS guide book, published at the suggestion of the National War Work Council of the Y. M. C. A., in an edition of 2000 copies, is a gift to the Officers and Men of the American Expeditionary Forces in France from the Appalachian Mountain Club of Boston.

The members of the Club have, one or another of them, visited many mountain ranges in various parts of the world. They remember with satisfaction the invigorating exercise of arduous ascents on steep slopes; they recall with pleasure the exhilaration of wide views from lofty summits. They now rejoice to think that their soldier-compatriots may, while on leave from military duties, enjoy the recreation of walking and climbing in the beautiful mountains of the French Alps around Aix-les-Bains.

May this little book be a helpful companion on many delightful excursions.

W. M. D.

CAMBRIDGE, MASS.

May, 1918.

EXCURSIONS AROUND AIX-LES-BAINS

AIX-LES-BAINS AND ITS REGION

THE town of Aix-les-Bains (altitude, 260 m., population, about 9000) in the ancient province of Savoy lies between the southernmost ranges of the Jura mountains and the western ranges of the Alps in southeastern France. Near by on the west is Lake Bourget (alt. 231 m.), a beautiful sheet of water 12 k. long, trending north and south between mountain ridges on either side. The mountains hereabouts rise from 1000 to 1500 m. (3300 to 5000 ft.) above sea level, and are therefore higher than any mountains that many Americans, whose homes are in the central United States, have ever known. The snowy ranges of the Alps, which may be seen to the east from favorable points of view, reach altitudes of 3000 or 3500 m., and are therefore much higher than any summits in the United States east of the Rocky mountains.

Aix-les-Bains is 450 k. southeast of Paris, 80 k. east of Lyons, 60 k. south of Geneva, and 275 k. north of Marseilles. The boundary between France and Italy trends irregularly southward along the crest of the Alps about 80 k. to the east. The river Rhone, coming from Lake Geneva where France adjoins Switzerland, passes near the north end of Lake Bourget, and about 30 k. farther southwest turns to a northwest course in a strong V-like bend through the Jura mountains before flowing west across a more open country to its confluence with the Saône; there Lyons is situated at the base of the Central highlands. The Rhone then flows southward along the eastern base of the highlands for 140 k., and in 280 k. reaches the Mediterranean sea.

The small delta-plain on which Aix-les-Bains is built lies at the base of a slope which rapidly rises eastward to a mountainous height (1500 m.). The situation as well as the name of the town — the Baths at the Waters — is determined by warm springs (44° – 47° C. or 111° – 117° F.); the baths have made the town a popular resort for over a century. The settlement of the surrounding district is of ancient date. The remains of prehistoric lake dwellings have been found near the shores of Lake Bourget and are now preserved, along with many relics of Roman occupation, in the local museum. Already in the third or fourth century of the Christian era the town was populous and rich enough for the erection of a fine stone arch, still well preserved.

In the Middle Ages the Counts of Savoy with their seat at Chambéry, 14 k. S of Aix-les-Bains, dominated the province. They grew in power, and one, as Duke of Piedmont in northwestern Italy, transferred his capital to Turin in 1577. Nearly three centuries later Victor Emmanuel of the same family, having with the assistance of France expelled the Austrians from the province of Lombardy, became King of Italy. Savoy, which had been incorporated into France by the Convention of 1792 and remained French until the defeat of Napoleon I in 1815 allowed its return to Italian domination, was finally in 1860 ceded to France in recompense for the aid which that country had given to Italy against Austria, and the cession was confirmed by an almost unanimous vote of the Savoyards.

GENERAL SUGGESTIONS FOR MOUNTAIN EXCURSIONS

IN order to gain a clear idea of the district about Aix-les-Bains and to plan a series of excursions from which much interest and exhilaration may be gained, the visitor should lose no time in ascending to a near-by hill or ridge crest (see Excursions 1 and 2), whence a good view may be obtained and the general lay of the land examined. One who has already made some such ascents can do good service to later comers by leading them as promptly as possible to the best points of view that he has enjoyed.

Do not make high mountain ascents alone. If a guide is engaged consult the local tariff and agree upon his charge before starting. When paying him at the end of a trip add about 10 % of the charge for a tip or "pourboire," and pay it cheerfully as a matter of course. If one guide is taken for a party the tip should be increased. Sign posts abound in the vicinity of Aix; no guide is needed on the lower ridges and mountains. Excursions are best made in small parties of three or five. If a large party sets out, it should be divided into squads of ten or fewer members. Those who wish to make the excursion without stopping should join a separate squad from those who wish to stop frequently for photographing or sketching.

Each squad should, if possible, have an experienced leader; he should make a list of the members, head the line of march on narrow paths, and set the proper pace, slow for ascents, faster for descents; a shrill whistle will aid in summoning his party together. A marshal should follow in the rear to round up the stragglers. Before setting out on a long mountain walk, place the members of a squad in a circle and let each member take note of his two neighbors, one on his right, one on his left, for whose presence he is to be responsible whenever the march begins after a halt: each member will thus be looked for by two others. Once on the road,

keep together; those who wander away from their squad cause vexatious delays. The marshal's report, "All present and ready to start," is especially important when a descent begins. If a member wishes to leave his squad after low ground is reached, he should so report to his leader.

Clothing should be easy fitting, so that discomfort shall not be added to fatigue. Even in warm weather, a coat will often be wanted on a ridge crest, or mountain top: it can be best carried as follows:—Sew the middle of a 30- or 35-inch piece of strong tape inside of the back of the collar; sew the ends of the tape to the bottom of the arm holes: pass the arms through the loops of the tape, and let the coat hang loosely on the back; it will thus be held so that nothing will fall from the pockets and the arms and hands will be free. A light water-proof cloak may be wanted. Hob-nailed shoes and Alpenstocks are always helpful; they are indispensable in high-mountain excursions. A pocket compass is useful in selecting paths by direction. A light pocket lunch should be carried, in case return is delayed. Avoid drinking from streams below villages and from village wells on low ground. During the warmer season start at sunrise or earlier, so as to have the cool morning air for uphill walks; rest in the afternoon.

Walk quietly, especially when passing through villages. Walking along railways is forbidden in France. Do not race with one another, especially in descents. Do not roll loose rocks down from ridge tops. While walking uphill, adopt a moderate pace that can be steadily maintained; and keep going. Inexperienced climbers are apt to walk too fast at first and, on feeling the strain of a long ascent, to become discouraged and "give it up"; or if they persist to the top, they may be tempted to accept bodily fatigue as an excuse for the indolent contemplation of a view, the full enjoyment of which calls for active observation. Let these beginners remember that many others have shared their feelings, but have learned to regard temporary fatigue as a misleading adviser. There is no harm done if one becomes somewhat tired; exhaustion is prevented by reducing the pace when moderate fatigue begins. Let the mind rest on agreeable thoughts while the body is working steadily during a climb; when the summit is reached, let the body rest as comfortably as possible while the mind works actively in a conscious examination of the view. Avoid the error of neglecting the view after making a great effort in attaining the view point.

An ascent of 400 or 475 m. an hour may ordinarily be made on a mountain path; where paths are wanting, ascent is much slower; where rock climbing is necessary, slower still. Descent is usually much shortened by cut-offs at zigzags in the path of ascent: the time of descent may be only a half or a third of that required for ascent. The time noted for excursions below does not include stops: additional time should be allowed for leisurely rests at good points of view.

Make a practice of keeping your bearings and of estimating distances and heights, all to be verified by reference to a map. The local maps here included are reduced to a scale of 1 : 100,000 (1 centimeter on the map = 1 kilometer on the ground, or about $\frac{5}{8}$ inch = 1 mile) from the

MAP 1. NW of AIX

SCALE, 1:100,000



MAP 2. NE of AIX

SCALE, 1:100,000



MAP 3. SW of AIX

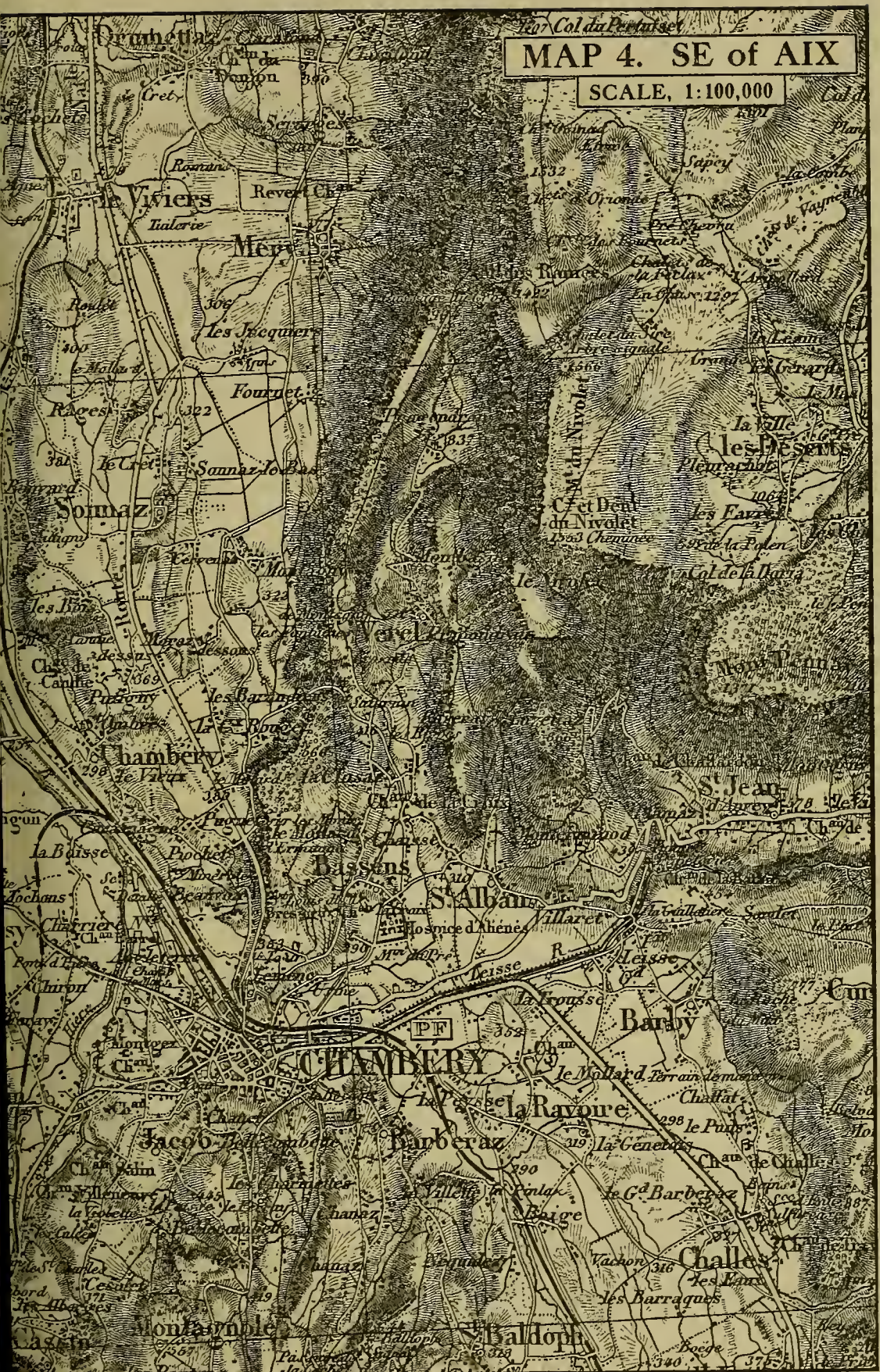
SCALE, 1:100,000



Col du Pertuiset

MAP 4. SE of AIX

SCALE, 1:100,000



French army-staff map on a scale of 1 : 50,000. The maps on the four preceding pages show the district around Aix-les-Bains, which is represented near the southwestern corner of Map 2. The NE and SE quarters of sheet 169 and the NW and SW quarters of sheet 169 *bis* of the 1 : 50,000 army-staff map are helpful for local excursions; sheets 48 and 54 of the 1 : 200,000 map of the geographical service of the army will be found useful on more distant excursions. When a mountain top is reached, identify in the landscape a good number of points represented on the maps.

Carry a camera and a note book. Do not attempt extensive views unless with a camera especially adapted to such work; select local views and "bits" of landscapes or village scenes, and give special care to finding a good foreground; when villagers and peasants are included, do not have them all look at the camera, unless portraits are wanted. Descriptive notes and sketches made on the spot stimulate observation, increase enjoyment, and prolong memory. Detailed plans of parts of paths, not sufficiently shown on the maps here presented, will be valuable aids to later visitors: draw them out and hang them up where they can be seen. The more closely an observer enters into an appreciative and sympathetic understanding of what he sees, the greater recreation of mind and body will follow from his excursions.

Abbreviations: Aix for Aix-les-Bains (not to be confused with the city of Aix, near Marseilles). N, S, E, W, north, south, east, west: alt., altitude; m., meters (1 m. = 3.28 feet); k., kilometer (1 k. = $\frac{5}{8}$ mile); h., hour; Mt., Mont (Mount); Mtne., Montagne (Mountain); Exc., excursion; htl., inn, rstt., hotel, inn, restaurant; pop., population; ry, railway; sta., station.

EXCURSIONS NEAR AIX-LES-BAINS

THE following excursions are a few of the many that may be made from Aix. They are planned so as to introduce the visitor to the general features of the district. The first excursion, or the second as far as the Croix de la Biolle, may be made to advantage on the afternoon of arrival: the third or the fourth should not be delayed later than the day after arrival by visitors in good health, if they wish to gain the greatest enjoyment from other excursions during the rest of their stay. *Read the account of an excursion before undertaking it. Inquire, before setting out on any of the longer excursions, whether restaurants in out-of-the-way places and hotels or inns at villages recommended for the night are open. Consult time-tables for all railway excursions.*

Excursion 1. *Maps 2 and 4.* *Tresserve*, a village on a low ridge, 2 k. SW of Aix, about 100 m. above Lake Bourget (alt. of lake, 231 m.). The best view is from the ridge crest, 338 m., W of the village, where a fine prospect is opened over the lake and to the mountain ridges E and W. In the afternoon of warm sunny weather, return should be made by a lane along the E base of the ridge, to which descent may be made at various points; in the morning or on cloudy days of warm summer weather, return may be made by a road along the lake shore, to which a winding lane descends rapidly from the S end of Tresserve village, and to which two forks of the village road descend more gradually farther S. Distance out and back, from 5 to 10 k.; time from 1 to 2 h.

Exc. 2. *Maps 2 and 1.* *Mt. de Corsuet*, a ridge belonging to the Jura mountains, N of Aix. Follow the main Geneva road (Route nationale 201, de Chambéry à Genève), or go by electric railway alongside of this road, N 2.5 k.; cross to the W side of Sierroz (Séroz) brook, and 350 m. beyond, where a lane on the left turns back to the SW, take an ascending path to the NW. The Croix de la Biolle, 817 m., on the crest of Mt. de Corsuet, 6 k. or $2\frac{1}{2}$ h. from Aix, offers an extensive prospect in all directions. On the return, a path branches to SSW, 1.4 k. S of the summit, and descends 2 k. to the village of Brison-St. Innocent (inn) near the lake, whence a main road leads to Aix, $1\frac{1}{2}$ h. from the summit.

This excursion may be prolonged by following the ridge crest or the adjoining slope NW 2.5 k. or 1 h. ? to a somewhat higher point, 842 m. (There is no path along the ridge crest here; inquire before starting from Aix as to best course to take.) Descent may then be made on either slope by a path that crosses the ridge just S of the 842 m. summit: on the W, the path soon turns S and slants down the ridge flank. Or the ridge may be followed 1.5 k. still farther NW to the high village of Chambotte (rstd), where a road crosses a depression of the crest. Here descent may be made S by a path on the W flank of the ridge to a main road along the lake shore, 9.5 k. to Aix, but this route should be avoided on warm sunny afternoons: or E by a road to the village of St. Germain, whence a SSE and S path along the W side of a valley is a shorter return than a road along the E side; but both rejoin the main Geneva road on the way back to Aix. Distance to Chambotte and back, 20–22 k.; time, 6– $6\frac{1}{2}$ h.

Or instead of turning S on the slope W of Chambotte, follow a slanting road N 4.5 k. along the flank of the ridge to the low ground N of Lake Bourget; then loop back SW 0.8 k. to Chindrieux sta., and return by train S 14 k. to Aix.

An attractive supplement may be made to the above excursion over the same ridge about 5 k. farther N, where it is called the Mtne. de Cessens. Take train from Aix N 14 k. along the border Lake Bourget to Chindrieux sta. at N end of lake: the ancient castle of Chatillon is on a knob, 268 m., 0.5 k. to the SW. Walk N 2 k. from sta. to Chindrieux village; turn E 0.3 k. and N 0.5 k. on the mountain flank; then ascend NE by a zigzag lane, 1.6 k. in direct distance, to the upper slope, where the lane turns S 1.7 k. to the Col du Sapey, 931 m.; continue by path and lane S 2.8 k. along the slope above the cliffs with fine view over the lake, to a second col at the ruined Towers of Caesar, 852 m. (rstd.); fine view from a higher point on the ridge to N. Turn E on a lane (the flat paving of an ancient Roman road is seen here) and descend 0.7 k. to Cessens; continue E 0.8 k. then S 2.4 k. to St. Germain, and return to Aix as above. Total distance from Chindrieux sta. to Aix, about 24 k.: the last 6 k. may be made by train.

Exc. 3. *Maps 2 and 4. Mt. de la Cluse and the Grand Revard.* The Grand Revard is a superb point of view on the precipitous face of the Mt. de la Cluse, a subalpine range, 1450–1550 m., that rises 5 k. E of Aix and extends 8 k. S to the Dent du Nivolet, which overlooks the city of Chambéry. Ascent to the Grand Revard on foot, 8 k. in 4 h.; descent by same path, $3\frac{1}{2}$ h. or less (ascent by inclined ry., see below). Follow an ascending road E from Aix through the villages of Mouxy, 2 k., and Mentens, 3 k.; continue 1.5 k. by a path which rises, partly in zig-zags, to a bench where it turns S 1.3 k. beneath the summit cliffs; then ascend E to a notch, the Col du Pertuiset, 1407 m.; here a good spring is found. The path turns N from the col, mounting slowly over highland pastures amid pine groves, and in less than 1 k. reaches an Alpine Club shelter and some chalets or mountain huts; 1.5 k. farther N an easy ascent leads to the Grand Revard, 1568 m. (htl., rstd.) A superb view is here opened, including Mt. Blanc, E 80 k., from which the snowy Alps extend far S; the Central highlands are seen W 100 k.

The descent may be varied by taking a path NE 2.5 k. to La Cluse and N 4 or 5 k. to St. Offenge; then by road NW 2 k., SW 6 k. (passing the falls and gorge of the Sierroz near Grésy), and S 4 k. to Aix in 5 h.; or from La Cluse N 2 k. then W and SW 7 k. by paths and lanes along the mountain flank, past St. Victor and Trevignin to Aix, 4 h. Or in the

other direction, the mountain crest may be followed S past the Col du Pertuiset 5.2 k. to another col beyond which rises the Mt. des Ramées, 1422 m.; turn W in the col and descend by a zigzag path to a N-S path on a bench; here turn N 300 m., then descend again through a cleft by a direct path to the village of Méry, whence various roads lead NW and N 6 k. to Aix in 5 h. As all the descending paths on the W slope of the mountain are exposed to strong sunshine in summer afternoons, it is well, if time allows, to spend the day on the highland in excursions on the gradual slope to the E of the crest. A circuit E 4.5 k. over a ridge to the village of La Magne, then S 3 k. by road over the broad Col de Planpalais, W by lane and path 4 k. to the mountain crest, and N 3 k. to the Grand Revard again, may be recommended. Pass the night in the summit hotel, and descend to Aix early the next morning when the precipitous W slope is in the shade.

The ascent from Aix to the Grand Revard may also be made by an inclined railway, first E, then ENE, then SSW to the summit in $1\frac{1}{4}$ h. The chief advantage of the ascent by rail is that time is then allowed for extending the excursion S along the mountain crest to the Dent du Nivolet, whence descent may be made by various paths to Chambéry, and return by train to Aix in one day. In this case, follow the path S from the Grand Revard to the Col du Pertuiset, and continue nearly to the Mt. des Ramées, 5.2 k., where a steep descent to W leads down to the village of Méry, as noted above. Here the best path turns E 1.3 k.; then SSW 3 k. to the Dent du Nivolet, 1553 m., 9.5 k. or $2\frac{1}{2}$ –3 h. from the Grand Revard. The cliff face makes an angle at this point between W and S, and a superb view is opened S across the breach of Chambéry to the Mtne. de la Grande Chartreuse, the SW extension of the subalpine range to which the Dent du Nivolet and the Mt. de la Cluse belong; also SSE across the great valley of the Isère, locally known as the Graisivaudan, to the high mountains beyond.

Descent may be made by a crevice in the cliffs, 0.5 k. E of angle, to the chalets of Le Nivolet on a bench (1200 m. ?), but this should not be attempted by inexperienced climbers without a guide: from Le Nivolet a more gradual descent by path, lane and road leads S and W to Chambéry, 7 k. (4 h. ?) from summit. Another way of descent leads E near the sloping cliff top for 2 k. to a depression, the Col de la Doria, 1087 m., beyond which the cliffs rise again to the S in Mt. Pennay, 1371 m.; a rocky path (may not be in good condition; inquire at chalets 0.5 k. to N) leads almost W 0.5 k., obliquely down the cliffs, then S 2.3 k. to main road, 550 m., near St. Jean d'Arvey; follow the road WSW 5.5 k. to Chambéry; $4\frac{1}{2}$ h. (?) from summit.

An easier descent from the Dent du Nivolet follows a roundabout course: first, return 1–2 k. along the path of approach; turn E across sloping pastures and woodland 2 k. to a hamlet, whence a lane and various paths descend E 1 k. to the village of Les Déserts, 940 m. (inn): here take the main road, which comes from the highland of Les Bauges (see Exc. 10) on the N and continues down a sloping bench on the right (W) of the Leisse, a torrential stream, first S 4 k. then W 3 k. passing St. Jean d'Arvey, 578 m. (inn), and other villages beneath the cliffs of Mt. Pennay, 1370 m., and finally 5 k. WSW mostly across low ground to Chambéry, 300 m.; 16.5 k. or 4 h. from the Dent du Nivolet; 26 k. or $6\frac{1}{2}$ –7 h. from the Grand Revard. A car or carriage may be ordered beforehand at Chambéry to meet a party at Les Déserts. From Chambéry, N by train to Aix, 14 k., $\frac{1}{2}$ h.

Exc. 4. *Maps 1 and 4.* *La Dent du Chat*, a knob, 1400 m., at the N end of the Mt. du Chat, one of the Jura mountains which rises to 1400–1500 m., SW of Lake Bourget, 5–10 k. from Aix. The ascent of the Dent is best made from the village of Le Bourget (htls.), at the S end of the lake; this point may be reached from Aix by road, S 4.7 k., and W 3.8 k.; or S by train 4.7 k. to Le Viviers, then W by road 3.3 k.; or by boat: take street railway from Aix W 1.5 k. to Port de Cornin on margin of delta plain, boat SW 5 k. to Port du Bourget, road S 1 k. to village. As the ascent from Le Bourget, 240 m., is mostly on a steep slope facing E it should be made at as early an hour as possible in warm weather: hence in summer go to Le Bourget in the late afternoon, spend the night there, and start out before sunrise the next morning. Ascend W by lane and path on S side of a ravine 1.4 k. to a bench, 490 m. alt.; follow path on the bench N 1.5 k.; then ascend W by zigzags to a high-level path, and turn N along it (an Alpine Club shelter is on this path near a spring), rising obliquely for 1.3 k. to the E base of the cliff-rimmed Dent; the final climb to the summit is aided by an iron railing set in the rock; ascent, 3 h. from Le Bourget; descent by same path, 2 h. A fine view is opened across Lake Bourget to the cliffs of the Mt. de la Cluse and the higher mountains beyond; also, SE past Chambéry and across the valley of Graisivaudan to the great Chain of Belledonne, 2500 m., and beyond to the snowy crest of the Grandes Rousses, 3500 m., as well as far over the lower district to the W (see Exc. 6).

The highest point of the Mt. du Chat, 1479 m., is about 0.5 k. SSW of the Dent.

The Dent du Chat may be ascended more directly by crossing the lake, 231 m., from the Port de Cornin (see above), SW 2.7 k. to Bourdeau landing; the boat should be retained to meet the party on the return trip. Ascend by steep path to Bourdeau village (htls. rsth.; ancient castle, restored); continue ascending by NW path to a highway, the "Route de France," that leads from Chambéry to Lyons; the zigzags (htl. at last angle overlooking lake) may be shortened by foot paths until the road turns W and leads directly to the Col du Chevelu, 638 m., 2.5 k. or 1 h. from lake. The path to the Dent, distant 2.5 k., here turns SSW, at first following the steep slope W of the ridge crest, then crossing the crest in notches; as the path may be indistinct on slopes of loose rock, inexperienced climbers should take a guide. Time for ascent from lake, nearly 3 h.; descent, 2 h. If those who ascend from Le Bourget wish to descend to Bourdeau, they should inquire before starting as to the condition of the path from the Dent to the Col du Chevelu, and take a guide if so recommended; a boat for returning across the lake should be engaged before leaving Aix.

Exc. 5. *Map 1. Mt. de la Charvaz*, overlooking Lake Bourget on W. Tramway from Aix NW 2.5 k. to Port de Puer on delta of the Sierroz; boat NW 6 k. to Abbey of Hautecombe on W side of lake. The Abbey was founded about 1130 and rebuilt 1824-43; the princes of Savoy were buried here from the twelfth century to 1778; the chapel, highly decorated and containing many statues, was retained by Italy when Savoy was ceded to France in 1860. Ascend SW by path 1 k. from landing to upland bench, alt. about 600 m., over cliffs. (Fine point of view on an isolated knob, 920 m., 1.5 k. to NW, near village of Ontex.) Follow path S along bench 5.5 k. — fine view over lake — to Gratteloup; just beyond, the path joins the "Route de France" (see Exc. 4), which comes up by zigzags from S and turns W over the Col du Chevelu, 638 m. (Path from Gratteloup W 0.5 k. to col; fine view to W: return along road, small htl., at first angle overlooking lake.) Descend from Gratteloup S 1.5 k. by road and short-cut paths to Bourdeau (htls., rsth.); then E 0.5 k. by steep path to lake, where boat previously engaged crosses lake NE 2.8 k. to Port de Cornin; tramway 1.5 k. to Aix. Round trip, 4-5 h.

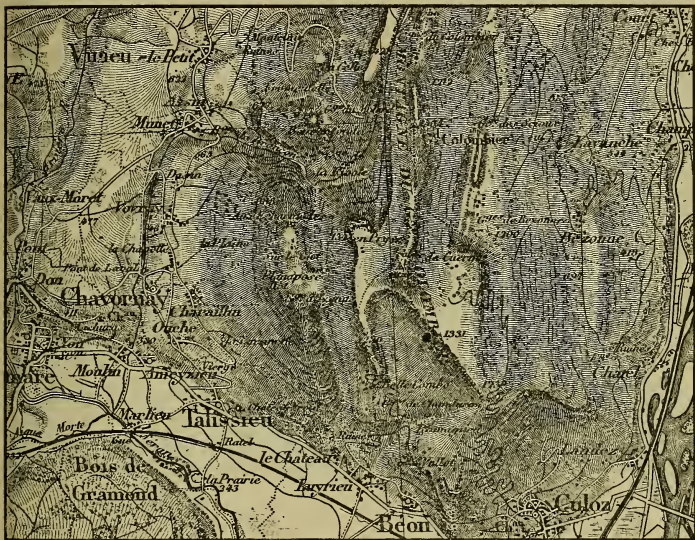
Exc. 6. *Gorge of the Rhone at Yenne.* Take train from Aix N 20 k. to Culoz, W 12 k. to Virieu-le-Grand, SSE 10 k. to Belley, 270 m. The cathedral of Belley was restored in 1864 in the style of

the fifteenth century, but the choir dates from 1413. Follow the main road E from sta. 0.7 k. to cross roads; there take a lane SE and E; it soon zigzags up the N end of the Mtne. de Parves, and thus reaches Montpellaz and Parves, about 520 m., on the E slope, 4 k. from ry. Several lanes and paths lead S; by keeping on the upper slope, the summit of the Mtne. de Parves, 629 m., may be reached in about 3 k.; fine view into the gorge of the Rhone on the S. Descend E and SE by path and lanes, 2.5 k. to a bridge over the Rhone where it enters the gorge; follow road E 0.5 k. to Yenne, 236 m. (htl.). Then (see Map 1) E by "Route de France" 8 k. to the Col du Chevelu, 638 m., at N end of Mt. du Chat; descend via Bourdeau to Lake Bourget as in excursion 5, and cross lake in boat previously engaged. Distance from Belley to Lake Bourget, about 22 k.

This walk may be shortened to about 16 k. by continuing on train from Belley S 4 k. to Brens; then follow the road S 1 k. and E 5 k. through the gorge of the Rhone to Yenne, etc. At the lower (W) end of the gorge, the fort of Pierre-Châtel, no longer occupied, was formerly a monastery, founded in fifteenth century. Or the walk may be lengthened to about 26 k. by continuing on train from Brens S 10 k. to Murs, 220 m., near the great V-bend of the Rhone, whence the ascent NW and N via Izieu, 4 k. to the Mtne. d'Izieu, 760 m., gives a fine view of the Rhone valley; also E to the Jura ranges by Lake Bourget, SW over the open piedmont country, and N into the valley of the Gland where Prémeyzel village lies. Descend E 2.5 k. to small village of Fay; thence N 1.7 k. by road to Peyrieu, NE 4.5 k. nearly to Brens, and turn E as above.

Exc. 7. *Maps 4 and 3. Lake Aiguebelette and the Mtne. de l'Epine.* Railway from Aix S 14 k. to Chambéry; change train and run W 15 k. — direct distance 9 k. — (tunnel 3 k. under the Mtne. de l'Epine) to Aiguebelette, 400 m. ? (htls.) Here one may walk N 1 k. to the boat landing and take a boat 3 k. to the N end of the lake; walk back by the road near the W and S sides of the lake, 9 k., and return to Aix via Chambéry by train. A better plan is to ascend a path NE 3 k. from Aiguebelette to the col of the same name, 848 m., in the Mtne. de l'Epine, thus gaining a fine view E and W. Descend by a path NE 2 k. to St. Sulpice, 564 m., then by a picturesque road E via Cognin (ancient chateau) 6.5 k. to Chambéry, about 3½ h. from Aiguebelette: train to Aix. Or before reaching St. Sulpice, turn S 4 k. along the mountain flank to the cascade of Couz, 48 m. high: take train from near-by station to Chambéry, etc.

Exc. 8. Map 5. Mtne. du Grand Colombier. Train from Aix N 20 k. to Culoz, 240 m. (htl., rstt.). Ascend by a zigzag path N of the town to an upland, 1250 m. (direct distance from ry. sta. 4 k.); then up zigzags W to chalets, 1350 m. (direct distance, 1 k.); continue W 0.7 k. to the summit ridge of the Mtne. du Gr. Colombier,



MAP 5. MONTAGNE DU GRAND COLOMBIER

1446 m., 3-4 h. from railway. Superb view of Alps, Jura, and the valley of the Rhone. Return by same path to Culoz sta., 2-2½ h.; train to Aix.

This excursion may be prolonged (inexperienced climbers should in this case engage a guide at Culoz) by following the mountain crest N 2 k. to a higher summit, 1534 m.; then descending NW and crossing ravine to zigzag road (short-cut paths) to Virieu-le-Petit, 3 k. from summit; then S 5 k. to Artemare (inn) in the valley and 1.5 k. farther to ry. sta. If desired the descent from the 1534 m. summit may be made more directly by a path (not so far N as the zigzag road) W 3 k. to Munet, then S 3.7 k. to Artemare, etc.

This excursion may be profitably lengthened, if lunch is carried, by turning W from the third-order road at the small village of Verlay 4 k. S of the St. André bridge, and ascending about 170 m. above the valley to a spur crest, where a lane leads S via the hamlets of Moye and Poisu 5 k. to Le Villard: or lunch at Rumilly and follow lanes SW and W via the hamlets of Survignes and Salongy to Le Villard, 4 k. Here ascend the Mtne. de Gros Foug (known as the Mtne. de Cessens and the Mt. de Corsuet farther S) W 2 k. to the summit village of Mont-Clergeon; extensive view from a summit, 1031 m., near by to NE. Descend W by zigzag lane 6 k. to Ruffieux (direct distance, 2.5 k.); take main road W 3.7 k. across the marsh of Chautagne and the bridge over the Rhone; turn SW by lane alongside of railway 1.6 k. to Culoz sta.: train S 20 k. across marsh and along the E side of Lake Bourget to Aix.

Exc. 10. *Maps 7 and 8. The Valley of the Chéran.* A circuit of about 90 k., of which the most attractive part lies in the valley of the Chéran through the picturesque subalpine ranges of the Bauges east of Aix, follows roads of first and second order and may be made on foot in three days (or in two, if the last 40 k. are made by train), in carriage in two days, or by automobile in one. This excursion is highly recommended as giving an excellent view of village and pastoral life in the highlands of Savoy. It may be advisedly prolonged by local excursions from Le Chatelard and Ecole, as noted below.

From Aix N 3 k. (tramway) by main road; then take the right fork, cross the railway, and 4 k. from Aix turn NE below Grésy (the gorge and cascade of the Sierroz are near the turn); ascend the valley 8 k. to an open col, 523 m. The NE extension of the Mt. de la Cluse (see Exc. 3) rises to SE. Shortly beyond the col, the road turns E, passing Cuzy on a hilltop to N (the feudal castle of Fésigny is 0.5 k. NW of Cuzy), rounding the N slope of the mountain, and entering the transverse gorge of the Chéran high above the stream. A branch lane descends E 1 k. to the Pont de l'Abîme (rstd.), a suspension bridge 66 m. long, and 94 m. above the stream: here one may cross to a third-order road on the E side of the gorge and follow it up stream (SE) 4 k. past the village of Allèves to the bridge of Banges, 20 k. from Aix (see Map 7), built near an ancient Roman bridge, where the second-order road from the col by Cuzy, having turned to SE, crosses to the right bank of the Chéran. The gorge cuts the Mtne. de Semnoz from the Mtne. de Banges (the NE extension of the Mt. de la Cluse); the unsymmetrical arch of the rocks

which form this marginal subalpine range is well seen, overthrust to the NW, in the walls of the gorge.

One k. S of the bridge of Banges, a cavern, la grotte de Banges, on the mountain side above the road (inn, rstt.) may be entered. A longitudinal valley, trending N and SW, then opens and is followed over easy cols by second-order roads in both directions:— N 22 k. over the Col de Leschaux, 904 m., to Annecy; SW 26 k. over the Col de Planpalais, 1180 m. to Chambéry; the latter road passes Lescheraines (inn) 0.7 k. after crossing the Chéran, and Les Déserts (inn; see Exc. 3) 13 k. farther on: by taking this road the 90 k. circuit of this excursion may be reduced to about 60 k., of which the last 14 k. (Chambéry to Aix) may be made by train.

Le Chatelard, 757 m. (htls.), 9 k. from the bridge of Bange, 30 k. from Aix, lies on the NE side of the Chéran valley where two long parallel ridges extend N 15 k.; one of them forms the point by which Lake Annecy is constricted; S of the Chéran the two ridges soon unite in a single one which extends almost to the S-most point of the Bauges (see Exc. 11), where the Chambéry breach turns off from the Isère valley. The autumn fair held at Le Chatelard after the cattle are driven down from the mountain pastures is worth attending. The road crosses the Chéran 1 k. SE of Le Chatelard; 1.5 k. farther a rough mountain road comes from the head of Lake Annecy, 15 k. N, crossing over two high cols, 1659 m. and 1338 m., in a longitudinal valley, and passing the villages of Doucy and La Compôte before reaching the Chéran. At Ecole, 720 m. (inn), 4.5 k. SE of Le Chatelard, the road (see Map 8) turns S up an open longitudinal valley, and in 8 k. reaches the Col du Frêne, 956 m. (not to be confused with the col of same name on the other side of the Chambéry breach): here a superb view opens over the broad valley of the Isère and the mountains beyond. The road descends SE in zigzags 6 k. (by short-cut paths, direct distance, 2.5 k.) to St. Pierre d'Albigny (htls.), and 1.5 k. farther to ry. sta.: train SW and NW 24 k. to Chambéry, and N 14 k. to Aix.

If the night is spent at Le Chatelard or Ecole, the next day may be given to the ascent of the Trélod, 2186 m. (Map 7), near the S end of the long Mtne. du Charbon, of canoe-like form. Follow the longitudinal valley, above mentioned, N past La Compôte and Doucy to Cul du Bois; here a guide is needed to show the path: the summit is reached in $4\frac{1}{2}$ h. Descent by same path, 3 h.: descent by path E and S to Ecole is somewhat longer. From the Trélod a mountain path leads

N 4 k. to La Pointe du Banc-Plat, 1915 m. (spring near the top), on the W side of the canoe, whence an exceptionally fine view of Mt. Blanc is disclosed. The sharp N point of the canoe, 1573 m., may be reached by a path along the slope of the E side-ridge, 6.5 k. from the Trélod.



MAP 7. THE VALLEY OF THE CHÉRAN NEAR LE CHATELARD

An even more attractive excursion may be made in a highland valley SE of Ecole (see Map 8), enclosed by the high ridges of a large "canoe" mountain on all sides, except where the Chéran head-



MAP 8. THE HEADWATERS OF THE CHÉRAN AND THE VALLEY OF THE ISÈRE

waters flow out to the NW through a deep notch. The canoe valley contains the forest of Bellevaux as well as many chalets on Alpine pastures: a guide is helpful to save time in selecting the desired path. A rough road ascends the valley of the Chéran SE from Ecole, 3 k., to the ruins of the monastery of Bellevaux, 907 m., in the Chéran notch, founded in the eleventh century, burned in 1825. There various paths branch into different parts of the highland valley. If time allows, visit the NE part of the valley and its high E rim; spend the night in a chalet with such fare as the peasants can provide. Otherwise take the S path from the ruined monastery past Plosta, 1412 m., and Les Arbets, 1552 m., to the Col d'Arclusaz, 1773 m., 4.7 k. from the monastery or 7.7 k. from Ecole: superb prospect over and across the valley of Isère. The Dent d'Arclusaz, 2046 m., 1 k. NNW from the col, or "La Chat," 1955 m., 1.5 k. NE, may be ascended from near Les Arbets. Return from the col via Ecole and the Col du Frêne, as above: or better, descend S from the Col d'Arclusaz by a steep zigzag path (before leaving Ecole, inquire about the condition of this path and the time needed for its descent to the railway; a guide is desirable for inexperienced climbers in the first part of the descent). Below the cliffs, turn SE and descend to Fréterive-le-Villard, 341 m., 2.1 k. direct distance from the col: thence S 3 k to Chamousset sta., 309 m. on the main railway line S of the Isère (unless a nearer station is found on the Albertville branch line that passes Fréterive on the N side of the Isère): train to Chambéry and Aix.

Exc. 11. *Maps 4 and 9. Chambéry and the southern ranges of the Bauges.* By train from Aix, S 14 k. to Chambéry, 270 m., pop. 23,000 (many htls.), formerly capital of the Duchy of Savoy.

The city is situated where the Leisse passes between the spurs that descend from the subalpine ranges of the Bauges on the N and of the Grande Chartreuse on the S. The breach which here separates the subalpine ranges is generally open floored, but it is locally narrowed by the two spurs: thus the location of the city is defined. Here the railway makes an easy low-grade crossing from the trough of Lake Bourget to the valley of the Isère and its branch, the Arc, on the way to Italy: the main range of the Alps which marks the boundary between France and Italy is pierced beneath the Col du Fréjus by the "tunnel des Alpes," 13 k. long, finished in 1870, the first subalpine tunnel (commonly but incorrectly known in the U. S. as the "Mt. Cenis tunnel," from a pass of that name which lies 22 k. NE, where the old stage road crosses the mountains).

Many objects of historic interest are to be seen in Chambéry: — The Cathedral dates from the fourteenth and fifteenth centuries; the castle, founded in 1232 but later destroyed by fires, was restored in the nineteenth century; from one of its towers, a fine view is gained of the city and its surroundings; a museum containing remains of prehistoric lake dwellers, various Gallo-Roman antiquities, and full collection of Savoy coins; the Jardin des Plantes and its museum, with geological, and botanical collections; in this museum is the office of an important



MAP 9. THE SOUTHERN RANGES OF THE BAUGES

section of the French Alpine Club. Many industries flourish here. A fine view may be had from the church of Lemenc, on a spur, 320-350 m., 0.5 k. N of the railway.

One or two days may be well given to easy walks in the southern ranges of the Bauges, east of Chambéry, where a double "canoe" mountain — a smaller and higher canoe standing in a larger and lower one — forms the mountain salient between the valley of the Isère and the Chambéry breach. Cross the Leisse in the city, and follow the highway and second-order road ENE up the left (S) bank of the stream across the open breach, 300 m. alt., between the adjoining subalpine ranges: 4 k. from the city the deep chasm of the Leisse known as "le Bout du Monde" (the End of the World) is cut in a bench, 500 m. alt. Ascend the bench by a third-order road, S of the chasm, to Curienne, 8 k. from Chambéry, and continue SE 6 k. farther to La Thuile, 831 m. (inns), near a small lake in the depression between the round end of the lower canoe and the sharp end of the higher canoe. Many delightful rambles along valleys and over ridges may be made from this village as a center. The upper canoe, twice breached on its W side, has a knob, la Pointe de la Galoppaz, 1686 m., on its E side, 4 k. N of La Thuile; this is best ascended via Puisgros, NW 4 k. from La Thuile, and one of the W breaches. A second-order road from Chambéry via St. Jean d'Arvey (inn) and Thoiry (inn) enters the more northern of the two W breaches and turns N along the upper canoe valley past Aillon-le-Jeune to Aillon-le-Vieux, whence it is continued by a rough road to Le Chatelard, 14 k. (see Exc. 10). The lower canoe is breached 2 k. E of La Thuile, where a road zigzags down to Cruet in the Isère valley; but a better exit is made by ascending the round S end of the canoe to La Roche du Guet, 1210 m., 2 k. S of La Thuile, and descending thence by a zigzag path, S 1.5 k. to Montmélian sta. at ry. junction, 280 m. (htl.), 12 k. from Chambéry.

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